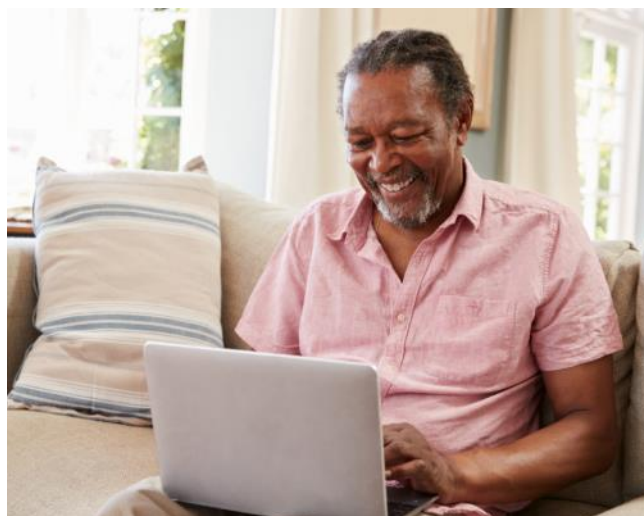
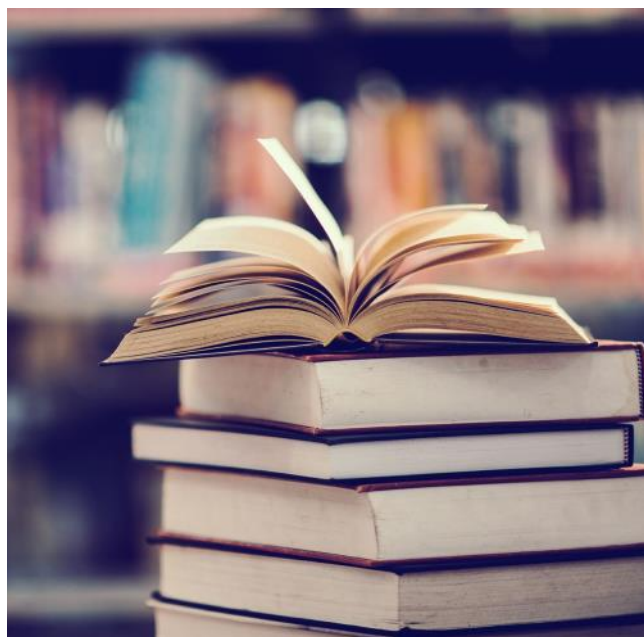


HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE



VIRTUAL PROGRAMS JUNE 2021

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

Please note the password for all
FREE PROGRAMS is hoCo50+

LEARN—LAUGH—READ—COOK—CRAFT—EXERCISE—LISTEN—CONNECT



UPDATES

Howard County 50+ Centers began limited, in-person services for all 50+ Centers at reduced capacity on April 30th. Through June 30, Center programs, services, and fitness centers will remain available by appointment only. 50+ Center activity appointments can be made by calling 410-313-5400. Virtual program offerings will continue.

Current Operating Status of 50+ Centers

Masks are not required.

In-person programs are operating by appointment only with 50% capacity limitations.

Effective June 1- Capacity to 75%

Centers will increase capacity to 75%.

Programs and activities are by appointment.

Effective July 1- Open 100%

Centers will be open to the public at 100%

Appointments will not be required.

Programs

- Table tennis and billiards are available by appointment.
- Opportunities for games and card playing will be phased in at 50+ Centers by appointment.
- In-person exercise classes are in the process of being scheduled. Masks will not be required.
- Virtual 50+ Center programs will continue at <https://www.howardcountymd.gov/50pluscenters>
- Additional programs and activities will be phased in over the coming months. Refer to center newsletters for program details. To receive the 50+ Center newsletters, <https://www.howardcountymd.gov/50pluscenters>



Programming for the North Laurel 50+ Center is planned for phasing in by mid-summer. The fitness room, billiards and walking are available now at the North Laurel Community Center through Recreation and Parks **by appointment** by calling 410-313-0390.

Welcome to Virtual Programs for June. In June we celebrate Father's Day with an outdoor event at the Glenwood 50+Center on Tuesday, June 15th. Event includes a delicious boxed lunch by Corcoran Caterers and Jimmy Buffet style music by the Panama Rex Band. Grab a chair or picnic blanket and plan to join us. Pre-registration is required, for details see flier on page 23. We also are offering two programs related to the newly established county holiday: Juneteenth. See details on pages, 17, 18. A huge thank you to Marian Condon who has volunteered to lead meditation for us over the past year, and helping to calm the mind of our members during this challenging time. Please use the email Virtual50@howardcountymd.gov for questions related to our Virtual Offerings.

Frequently Asked Questions

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How do I sign up for the Paid Fitness Class Pass? To register for the \$50 monthly fitness pass that includes 26 weekly classes, you can call 410.313.1400 or 410.313.5440 (voice/relay) Monday - Friday between 10 am - 2 pm. Those registered will receive the links and passwords for June on May 31. To register on-line using your Active Net account: Search: Virtual 50+ Exercise Classes/A02490.202 on the Active Net site: <https://apm.activecommunities.com/howardcounty/> June: A02490.303. July: A02490.401 Passes purchased after the 15th of the month have a reduced fee.

How do I learn to use WebEx? Staff are available for one on one sessions to walk you through the platform, answer questions and get you into our virtual world. To set up an appointment, email Virtual50@howardcountymd.gov If you have a landline you could call into certain programs and still be engaged.

Will virtual programs continue now that centers are open? Yes, there will continue to be limited classes offered virtually.

Do I have to live in Howard County to participate? No you do not, anyone can join in our virtual offerings.

How can I get the newsletter sent to my inbox? Just click on this link to sign up in Constant Contact. [CONSTANT CONTACT SIGN UP](#)

NOTEWORTHY

- The Howard County Covid-19 hotline # is 410-313-6284
- Programs by our community partners can be found on page 24
- New phone number for 50+Centers is 410-313-5400.



WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

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	SEATED TAI CHI 12 PM Go to Page	MAT PILATES 11:15 AM Go to Page	MANAGING MONEY PITFALLS 11 AM Go to Page	STITCH & GIVE 11 AM Go to Page
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SATURDAY

5 HATHA YOGA 9:30 AM Go to Page

 \$ Paid Fitness Pass Classes

 \$ Paid Fitness Programs

 Free Programs

WEEK AT A GLANCE

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SATURDAY

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■ \$ Paid Fitness Pass Classes
 ■ \$ Paid Fitness Programs
 ■ Free Programs

WEEK AT A GLANCE

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TUESDAY

WEDNESDAY THURSDAY

FRIDAY

<p>14 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 11 am Go to Page</p> <p>GENEALOGY WITH DOTTIE ALESHIRE 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>TASTY TIDBITS 12 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCE 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p> <p>SENIORS TOGETHER CAREGIVER SUPPORT GROUP 7 PM Go to Page</p>	<p>15 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>CONNECTIONS CORNER MUSIC THERAPY 11 AM Go to Page</p> <p>FATHER'S DAY EVENT GLENWOOD 50+CTR 11 AM Go to Page</p> <p>SEATED TAI CHI 12 PM Go to Page</p> <p>HONORING THE HISTORY OF JUNETEENTH 12 PM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>LIVE FROM CENTER STAFF 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>ELDER ABUSE AWARENESS PROGRAM 2 PM Go to Page</p>	<p>16 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>MAKE GOOD TROUBLE: MARCHING FOR CHANGE 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>GENTLE YOGA 1 PM Go to Page</p> <p>FIGURE OUT YOUR PHONE 3:30 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>17 POWER 8:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 Go to Page</p> <p>CLARA BARTON PROGRAM 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>ASK THE NUTRITION EXPERTS 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page</p> <p>ACTIVE YOGA 5:45 PM Go to Page</p>	<p>18 CLOSED JUNTEENTH HOLIDAY</p>
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SATURDAY

19
HATHA YOGA
No Class

 \$ Paid Fitness Pass Classes
  \$ Paid Fitness Programs
  Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>21 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>CONNECTIONS COFFEE 9:30 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 11 am Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>UNDERSTANDING PTSD Go to Page</p> <p>BEGINNER SOUL LINE DANCE 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>22 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>SEATED TAI CHI 12 PM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>LIVE FROM CENTER STAFF 1 PM Go to Page</p> <p>ANATOMY OF A SCAM 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>THE TINY BOOK CLUB 3 PM Go to Page</p>	<p>23 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>GENTLE YOGA 1 PM Go to Page</p> <p>THE HISTORY OF GARDENING 1 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>24 POWER 8:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30AM Go to Page</p> <p>TED TALK 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page</p> <p>HOWARD COUNTY LIBRARY, ALL THE WAYS TO LEARN AT YOUR LIBRARY 1 PM Go to Page</p> <p>ACTIVE YOGA 5:45 PM Go to Page</p>	<p>25 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>LIVE FROM CENTER STAFF NORTH LAUREL 9:30AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p> <p>STITCH & GIVE 11 AM Go to Page</p> <p>BARRE NONE 11:30 AM Go to Page</p> <p>SENIORS TOGETHER TRENDERS 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p>
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SATURDAY

29

HATHA YOGA

9:30 AM [Go to Page](#)



\$ Paid Fitness Pass



\$ Paid Fitness Program



Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>CONNECTIONS COFFEE 9:30 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 11 am Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCE 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>29 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>TECH TUESDAY 11 AM Go to Page</p> <p>SEATED TAI CHI 12 PM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>LIVE FROM CENTER STAFF 1 PM Go to Page</p> <p>GENEALOGY: PUTTING THINGS INTO PERSPECTIVE 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>GERMANY AND BELGIUM WITH RACHEL 2 PM Go to Page</p>	<p>30 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>GENTLE YOGA 1 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>1 POWER 8:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page</p> <p>ACTIVE YOGA 5:45 PM Go to Page</p>	<p>2 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>LIVE FROM CENTER STAFF NORTH LAUREL 9:30AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p> <p>STITCH & GIVE 11 AM Go to Page</p> <p>BARRE NONE 11:30 AM Go to Page</p> <p>SENIORS TOGETHER TRENDERS 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p>
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\$ Paid Fitness Pass



\$ Paid Fitness Program



Free Programs

\$ Fitness Pass Classes

Floor, Core and More

Mondays and Fridays, 8 am

This class targets challenging areas of the body: thighs, abs and backside. Tighten, tone and strengthen those core areas. Class predominantly done on the floor.

Taught by Michelle Rosenfeld

Mindful Mondays

Mondays, 9 am

A fusion class that combines gentle, guided meditation with light yoga stretches. A great way to incorporate mindfulness into your daily life.

Taught by Connie Bowman

Zumba Gold

Mondays and Thursdays, 10:30 am

**Taught by Courtney Bracey, Mondays
Jackie Jones, Thursdays**

Seated Strength and Balance

Mondays and Thursdays, 12 noon

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells to improve strength and overall mobility as we move to fun music.

Taught by Michelle Rosenfeld

Circuit Conditioning

Mondays and Wednesdays, 5:45 pm

This class combines the best of both worlds: strength and cardio. Raise your heart rate during cardio so your muscles can receive the most benefit when followed by strength training routines. Strength exercises will help to increase lean muscle mass, while cardio helps to improve cardiovascular function. Have dumbbells or household equivalent available for strength training. Modifications available for all exercises.

Taught by Michelle Rosenfeld

Power

Tuesdays and Thursdays, 8:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld

Cardio and Core Class

Tuesdays and Fridays, 9:30 am

Exercises to get your body moving at home, designed for those who are looking for a low-impact cardio class to get your heart pumping while strengthening your core.

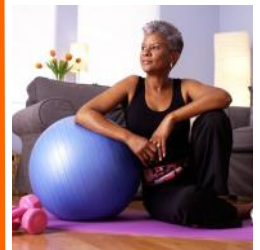
Taught by Pam Beck

Yoga with Mary

Tuesdays, 11 am

Join Mary for a series of weekly yoga classes; topics will vary. You will need a mat, and a strap or bathrobe tie. We will mostly be standing up in this flowing class.

Taught by Mary Garratt



\$ Fitness Pass Classes

Seated Tai Chi

Tuesdays, 12 pm

This seated class will introduce participants to the Chinese exercise forms of Tai Chi & Qi Gong. Easy-to-follow movements will improve your body awareness, strengthen your joints and muscles, and help you develop a state of mental quietness and relaxation. A chair without arms, water, and patience will make your Tai Chi experience healthy, rewarding, and enjoyable.

Taught by Charles Toth

Balance 4-All

Tuesdays, Fridays, 1 pm

This class combines a perfect blend of balance, flexibility, posture, strength and agility. With the use of dumbbells (or any other household substitute) and a chair, you will work your way to being better equipped to perform routine activities of daily living (ADL) and decrease your risk of falling.

**Taught by Margaret Wolf: Tuesdays
Allison Harmon: Fridays**

Kickboxing

Wednesdays, 8 am

Start kickin' it with this introductory cardio kickboxing class. Learn basic punches and kicks and put them into easy to follow combinations. This total body workout increases strength and cardio-vascular fitness. Class conducted at low-impact level.

Taught by Michelle Rosenfeld

Qi Gong

Wednesdays, 9 am

This class includes a gentle warm-up to open the joints in preparation for the Qi Gong practice which relaxes the body, focuses the mind, calms the nerves, and reduces the ill effects of stress. Come as you are and enjoy the simple yet profound experience of Qi Gong for harmonizing mind, body, and spirit. Open to all levels, no experience or special equipment required. Water and chair are recommended.

Taught by Jessica Koch

Mat Pilates

Wednesdays, 11:15 am

Using the abdominal exercises of fitness pioneer Joseph Pilates we re-awaken core muscles and breathe life back into the spine, and return balance, stability, and flexibility to our bodies. Suitable for those who can get up and down from the floor safely. Yoga or Pilates mat highly recommended.

Taught by Maggie Lockhart

Gentle Yoga

Wednesdays, 1 pm

Learn to love your body with one gentle movement at a time. This class will build overall body strength and bring energy back to your body through stretching and breathing exercises. This class is done predominantly on the floor. Equipment recommended: mat, towel, yoga blocks (or firm pillow) and water.

Taught by Lisa Rados



\$ Fitness Pass Classes

Foundation of Movement

Thursdays, 9:30 am

This class helps to build a solid core foundation upon which to improve overall balance, stability, flexibility and movement. Exercises are drawn from Yoga, Pilates, and basic strength classes. This class is primarily done on the floor with options for standing or sitting. Recommended equipment: mat, water, small ball or pillow, and a yoga strap or towel.

Taught by Bob McDowell

Active Yoga

Thursdays, 5:45 pm

This yoga class will keep you moving. Flow continuously through sequences of traditional Sun Salutations and standing postures, link breath with movement, and work to build strength and endurance while you improve balance and flexibility. Ability to get up from the floor is recommended.

Taught by Bev Ludwig

Power

Fridays, 10:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld

Barre None

Fridays, 11:30 am

This class will take you through Ballet, Pilates, and Functional “barre” movements **without the barre!** Using a sturdy countertop or table and light weights (dumbbells or other household substitutes: water bottles, soup cans, etc.) you will lengthen and strengthen your entire body. Modifications for exercises will be provided.

Taught by Robbie Compson

Hatha Yoga

Saturdays, 9:30 am

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

Taught by Mary Garratt



\$ Paid Fitness Programs

Arthritis Foundation Exercise

Mondays and Wednesdays, 1 pm

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by a trained program leader. Suitable for participants diagnosed with arthritis. Fee to participate, registration required. For more information contact mburgess@howardcountymd.gov or call **410.313.5440 to register.**

(This program is partially funded under Title III-D of the Older Americans Act of 1965. Individuals 60 and over are encouraged to make the suggested donation to ensure viability of the program. Those 59 and under pay the actual cost).

~~I'm tired~~
~~It's too cold~~
~~It's too hot~~
~~It's raining~~
~~It's too late~~
Let's go

\$ Personal Training

Want to get started with a healthy exercise routine but you don't know where to begin? Consider looking to us for one on one exercise. Virtual Personal Training is available by appointment. Sessions are 30 minutes w/first session being 45 minutes.

Cost:

Single Session: **\$45**

4 Session Package: **\$160**

8 Session Package **\$299**

Appointment Times:

Mondays 1 - 5 pm

Wednesdays 10 am – 1 pm

Fridays 3 – 6 pm

Call 410.313.1400 to register.

\$ Exercise Consultations

Are you looking for guidance on starting or changing an exercise routine? Schedule a one-on-one, 30-minute virtual consultation with our Exercise Specialist, Malarie Burgess. We will work together to tailor a fitness plan best suited to your needs from the comfort of your own home. All available June appointment times are listed in the registration link, you will select your appointment at checkout. Contact mburgess@howardcountymd.gov or 410-313-6073 with questions. Registration link: https://anc.apm.activecommunities.com/howardcounty/daycare/program/558?onlineSiteId=0&from_original_cui=true&online=true or activity number A05490.801.

Cost: \$15 per session



Free Fitness Classes

Strength Training

Mondays, Wednesdays, 10 am

A workout that uses body weight and light hand weights in low impact movements to strengthen the major muscles in the body.

Taught by Leah Daniels

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m40e401d918890b9160accf8dd1948df3>

Meeting number: 160 580 3056

Password: hoCo50+

Beginner Soul Line Dancing

Mondays, 3 pm

This beginner soul line dance class involves step-by-step instruction for choreography and concludes with dances performed to pop and rhythm and blues music. Multiple dances will be performed within the hour.

Taught by Jessie Barnes

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m43dc5d91ab257380b656a01a814dcbed>

Meeting number: 160 527 9847

Password: hoCo50+

Sittercize

Wednesdays, 1 pm

A 45-minute class for those who prefer a seated workout as well as those who may want some moderate standing exercise. Easy-to-follow moves will help you maintain and improve your strength and mobility while exercising to fun and upbeat music. Light hand weights, soup cans or water bottles are optional.

Taught by Marianne Larkin

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m690e4bc68c9341cccd62c061ba91d791>

Meeting number: 160 070 1000

Password: hoCo50+



AVAM Spring Mosaic Project

Fridays, June 4, 11, 10 am

No Class May 28

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m57e8bc7cff9d0ba9ba45e6eff7b9e29a>

Meeting # 160 313 7886

Password: hoCo50+

Learn basic techniques of mosaic-making, complete a personal piece, plus an individual element to be combined into a large-scale installation at the Gary J. Arthur Community Center/Glenwood 50+ Center. Registration is required to participate.

History of Broadway

Monday, June 7, 2021, 11am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me3cb3dea80c92ceb8ce431303f74ca16>

Meeting # 172 240 5644

Password: hoCo50+

Join Steve Friedman as he helps us to reopen programming here at the Glenwood 50+ Center. His first program will be Guys and Dolls and the Musicals of Frank Loesser. Steve will be live at Glenwood.

Presented by Steve Friedman

Walters Art Gallery Virtual Tour Series

The Silk Road

Tuesday, June 8, 11:30 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m24d6c72cb93c83ec4aa718bd10acf768>

Meeting # 157 810 6727

Password: hoCo50+

What do you think of when you hear the term "Silk Road?" Cross-cultural trade between Asia, Persia, the Roman Empire and others circulated goods, technology, art, and religion. Explore works from the Walters Art Museum that illuminate the expansive story of the Silk Road.

Music and Memories

Thursday, June 10, 11 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6aa9ba0fcd239566980c955d1819c02f>

Meeting #172 621 2516

Password: hoCo50+

Listening to music can benefit your overall well-being, help regulate emotions, create happiness and relaxation in everyday life. The repertoire of singer and guitarist Ellis Woodward has grown over the years. He says that, "I love to play whatever people want to hear; style and genre don't much matter if a song is familiar and engaging, and folks can find a way in, to take part..." Join Ellis for a program that is sure to entertain and delight.

Presented by Ellis Woodward

Art History: Modern Medical Analysis of Famous Artists

Thursday June 17, 1 pm

Click below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf9b2e02f046734f838fc189e6092ca6b>

Meeting#: 172 073 5103

Password: hoCo50+

Join Ann Wiker for a 90 minute class on Art History: Vincent van Gogh may have been bipolar. Francisco de Goya and Edvard Munch suffered bouts of depression. Claude Monet considered suicide. Many artists have met the challenges of mental illness and continued to produce artwork. For some, their art is their therapy. This presentation will explore some modern diagnosis of famous artists and we'll discover how the artists coped with their impairments.



Computers & Technology

Figure Out Your Phone

Wednesdays, June 2, 16, 3:30pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m45802c78839780c057521a687ea43dbb>

Meeting # 157 984 8383

Password: hoCo50+

Join students and learn one on one how to figure out your iPhone or android. Learn what your phone can do and how to do it. These students have a volunteer organization dedicated to assisting older adults with technology. Tune in and get the help you need.

Presented by Ramsey Sheibani, Robert Finegar and Keon Parsa

Tech Tuesday

Tuesday, June 29, 11 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mdc05596da1c4fa408da4cb3dcb125767>

Meeting # 157 512 2437

Password: hoCo50+

Whether you're new to journaling or have been doing it for years – let's explore how to leverage technology to enrich our journaling. We'll talk about why we journal and explore ways to add additional dimension (and fun) to this creative and even therapeutic endeavor.

Presented by Lucky Sohi



Food, Nutrition and Cooking

Nutrition Consultations

Monday, June 7, 4 - 6 pm

Thursday, June 3, 9 - 11 am

Our Registered Dietitian, Carmen Roberts, is available for virtual nutrition consultations (via video or phone). During this 30-minute session, she can answer your questions about diet, nutrition, and the impact of food on your health.

Click link to: [Register For A Virtual Nutrition Consultation](#)



Nutrition Education: Sugar: How to Find It and How to Consume Less

Thursday, June 3, 12pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md2bf4fca4e69f4da8ecf7ac6e1b31603>

Meeting # 172 477 5875

Password: hoCo50+

Registered Dietitian Carmen Roberts will discuss how to find hidden sugar in the foods we eat each day and offer tips on how to reduce your intake to improve health and prevent disease.

Presented by Carmen Roberts, R.D.

Tasty Tidbits: The Incredible, Edible Egg

Monday, June 14, 2 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mcd3edfd2c5fa3e796fb3584113a53797>

Meeting # 160 453 1119

Password: hoCo50+

There are few foods that are as versatile, nutritious, and budget-friendly as the egg. In this month's Tasty Tidbits, we'll explore why eggs are considered nature's multivitamin.

Presented by Brandy Leno

Food, Nutrition and Cooking

Ask the Nutrition Experts: Men's Health: Nutrition Issues Facing Men

Thursday, June 17, 12pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9ae53507f35022b0c64b58f65f740cbd>

Meeting #172 508 5679

Password: hoCo50+

Did you know that men have unique nutritional needs that change over time? To celebrate Men's Health Month, join our nutrition expert who will discuss how good nutrition is a crucial part of active aging. Leave with new "guy-friendly" healthy recipes that are also quick and easy to prepare.

Presented by Carmen Roberts, R.D.

Health & Wellness

Cancer Focus: Qi Gong

Tuesday, June 8, 2 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m75d5af69c3e5a6c56bfeaca45d630e83>

Meeting #172 555 0806

Password: hoCo50+

Qi Gong exercise is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Practicing this gentle exercise to optimize the flow of vital energy (Qi) within the body is believed to bring vitality, more resistance to cancer/disease, to enhance the clarity of thought and the capacity to learn new things. Join us as Jessica provides us with a sampling of Qi Gong and discusses the benefits of the practice. Cancer Focus will be taking the summer off. See you in September.

Presented by Jessica Koch and Michelle Rosenfeld

History, Culture, Current Events

Baltimore Museum of Industry: The 1950's

Wednesday, June 2, 11 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mff75e359aaca89e47bb7edbf56116ed7>

Meeting #172 154 6297

Password: hoCo50+

Baltimore in the 1950's rebuilt, restored and revised in ways that forever changed the fabric of the city. This decade made lasting changes to the way and where people lived, how they moved in and around the city and region and to the many places of employment. A decade that included the "Red Scare", labor strikes, hula hoops, poodle skirts and fast food. A memorable time period that helped shape the Baltimore that we know today.

Presented by Jack Burkert

Managing Financial Money Pitfalls

Thursday, June 3, 11 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m96e616482c88b92edbdbc1b243b853a>

Meeting # 172 828 2465

Password: hoCo50+

Learn to avoid money pitfalls and unnecessary financial stress while maintaining a life you can enjoy into your retirement years. Recognizing negative budget impacts, understanding that debt does not have to be a way of life and learning practical steps to get out of the financial challenges beyond our 50s is an important part of financial planning. Join MakingChange, Inc., a non-profit provider of housing counseling and financial education, as we talk about how to Manage Money Pitfalls and a way out for individuals as they enter their 50s and beyond.

Presented by DurShawn Robinson, Making Change, Inc.

Focus on
Cancer

John Brown, Raiders, and The Secret Six **Wednesday, June 9th at 10am**

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me8a14657a3b51b326d02269a5f923ad7>

Meeting #: 172 860 7849

Password: hoCo50+

Join Roger Swartz for this one-day class on John Brown, raiders and the Secret Six. Major topics the Six: Funding, legal, aid and rescue attempts on Brown's behalf following Brown's failed raid at Harpers Ferry in 1859. Owens Brown's successful escape. The South & members of the Secret Six: Virginia's US Senator Mason's investigative committee. 2.5 hour session. Roger will be live at Glenwood.

Presented by Roger Swartz

Ted Talk

Thursdays, June, 10, 24, 11 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m01a0d55e5d9c138d5a4cf4315bc75c40>

Meeting # 157 621 6936

Password: hoCo50+

Join us for one to two TED talks followed by discussion. Topics vary each month.

Facilitated by Lucky Sohi



Baseball: The Washington Senators

Thursday, June 10, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m1a6d86815aec2da1b59994d481929ae>

Meeting # 172 295 4600

Password: hoCo50+

Join local author to discuss his forthcoming book about Joe Cambria, the controversial "super scout" of the Washington Senators. Overlooked because he did not swing a hot bat, throw a heavy curve or broadcast great games, he was without doubt one of the seminal figures in baseball and American history. His contributions to baseball in general, the Senators in particular, and to racial integration in the United States cannot be overlooked. Through voluminous scouting, signings and trades, he was able to keep the cash-strapped Senators competitive for decades, mining the island of Cuba for gold nuggets, many of whom went on to have significant and, in some cases, Hall of Fame careers in Major League baseball.

Presented by Paul Scimonelli

Honoring the History of Juneteenth

Tuesday, June 15, 12 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8ac679b08a67f69b10e2fc6adb1a4e38>

Meeting # 172 086 7941

Password: hoCo50+

Join the Office of Human Rights and Equity for a presentation centered on honoring the history of "Juneteenth" and its importance to Black/American History. This presentation will contain historical and relevant data as well as an experiential portion meant to intrinsically connect us to the themes of freedom and perseverance. Supplies needed to participate in the experiential portion: 8X10 sheets of plain and colored paper, scissors, colored pencils or markers, glue stick.

Presented by the Office of Human Rights and Equity

Reginald F. Lewis Museum: "Make Good Trouble: Marching for Change"

Wednesday, June 16, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m1d1cd71bbd1eb7e45f22838f92cf1d1f>

Meeting # 172 637 4496

Password: hoCo50+

As part of our Juneteenth commemoration, please join us for the R.F. Lewis' virtual museum exhibit that tells the stories of Maryland artists and citizen protestors who have taken to the streets to raise awareness about social injustices and their calls to action to address the economic and social issues that have adversely affected Black people for centuries.

Presented by the museum's Education Programs Manager, Terry Taylor.

History, Culture, Current Events

Elder Abuse Awareness

Tuesday, June 15, 2 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m68fd0e265cdf1ae6dabb509ba25a9bd3>

Meeting # 172 040 6520

Password: hoCo50+

Join the ElderSAFE Center in a virtual workshop to honor World Elder Abuse Awareness Day. Learn how to keep you, your loved ones, and your money safe. Everyone has the right to live a life free from abuse.

Presented by Sydney Palinkas

Clara Barton: An America Life

Thursday, June 17, 11 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3b9f5ee0adab964336b648953674e23f>

Meeting # 160 923 5459

Password: hoCo50+

This illustrated talk by a park ranger from Clara Barton National Historic Site will use photographs from Clara Barton's life and times to answer questions about her and describe the development of her remarkable career.

Home, Hobby & Garden

Sit & Stitch

Fridays, 11 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mab01764c0431ee0977ec1cf0310c1b6d>

Meeting # 160 125 6336

Password: hoCo50+

Introduction to Aromatherapy

Wednesday, June 9, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4696d85f70af3274e9882308f4f2b271>

Meeting # 172 414 0516

Password: hoCo50+

Learn the many ways aromatherapy and essential oils can help with issues of pain and stress. Did you know lavender essential oil can help to heal a burn injury as well as problems with insomnia and high blood pressure? Rosemary essential oil is good for memory and hair loss. Arthritis and joint pain can be relieved with roman chamomile essential oil. In this program learn about this ancient therapy for mind, body, and spirit.

Presented by Adrienne Hausman

Card Tricks Tutorial

Thursday, June 10, 11 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfa3376742c2c7e1ccef0278ac1331d9>

Meeting # 160 252 0145

Password: hoCo50+

Bring a deck of cards to your screen and join Conner as he teaches us several card tricks!

Presented by Conner, volunteer

Genealogy: Genealogy Research at your Local Library

Monday June 14 at 11am

Click below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md5ba529863e35e2732eacce67b367331>

Meeting#: 172 359 1106

Password: hoCo50+

Genealogy Talk: Genealogy Research at your Public Library. If you haven't used your library card recently, you may be surprised by all the genealogy research tools you can access right from home using your library card number and password. This will be a 2-hour class. Dottie will be live at Glenwood 50+ Center.

Presented by Dottie Aleshire

Home, Hobby & Garden

The History of Gardening

Wednesday, June 23, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m97f5bbdeb3afe2789da64d0508ef6461>

Meeting # 172 132 4187

Password: hoCo50+

This program will explore how the garden has evolved from the Italian Renaissance parterre to today's suburban backyard, noting the garden elements and plants we might use to give an ageless appeal to our outdoor environments.

Presented by Howard County Master Gardener Pat Greenwald

Howard County Library System: All the Ways to Learn At Your Library

Thursday, June 24, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m712e36a4ffd34548013b678df260b1f7>

Meeting # 172 683 0070

Password: hoCo50+

Do you have some questions about a gardening issue you are having? Are you interested in joining a book club? Do you want to broaden your professional skills? Howard County Library System has a class for that! Attend this session to discover all of the learning options available to you for **free** through HCLS. Learn what class and event options are available, how to navigate the website to find classes and other educational events, and how to access these wonderful learning opportunities. Presented by Victoria Riese

Presented by Victoria Riese

Genealogy: Putting Things into Perspective

Tuesday, June 29, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0135de07cd561fe4e20c0fe78d6f4392>

Meeting # 172 617 9676

Password: hoCo50+

Join Bill for a presentation on the two most important aspects of researching and discovering your heritage -- TIME and LOCATION. There will be something for beginners through veteran genealogists to enjoy and learn.

Presented by Bill Amos

Literature & Theater

Book Club: *Caste: The Origins of Our Discontents*

Thursday, June 3, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m74cf35b0d0cbbc0d2c899c09395734ba>

Meeting # 157 535 7422

Password: hoCo50+

A good book can change our perspective and broaden our horizons. If you love to read, join us for conversation and connection over a good book! On June 3rd, we will discuss *Caste: The Origins of Our Discontents*, by Isabel Wilkerson. For July 1st, our book selection is *A Gentleman in Moscow* by Amor Towles.

Facilitated by Jeannie DeCray

The Tiny Book Club

Tuesday, Jun 22, 3pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m22aaa216060181a2d29426894558400e>

Meeting # 172 666 5987

Password: hoCo50+

Want to join a book club, but don't want to read a ton? Join us in our discussion of the book "The Summer" by Tova Janssen. Please note there will be no Tiny Book Club meetings in July or August.

Facilitated by Jodi Bargamian and Lucky Sohi

Social Connections

Live from Center Staff

Grab a cup of coffee, tea or a snack and join team members from North Laurel for conversation and connection. Stay informed and share your thoughts.

Tuesday - Centers Rotate 1 pm

Friday - N. Laurel 50+ 9:30 am

Click link below to join Live From North Laurel Staff

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6cd9b38ea9bf9450c0f79b1825f912cb>

Meeting #157 086 0429

Password: hoCo50+

Click link below to join Live From Center Staff (Rotating Centers)

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6e82940b85effe5dd6b9141b5fb48678>

Meeting #172 416 4254

Password: hoCo50+

Call in option: 1-650-479-3207

Connections Corner

First and Third Tuesdays

Tuesday, June 1, 15, 11 am

Join the Social Day Program Staff for a fun and engaging, 45-minute, virtual program. While open to all, it is designed for persons who may need additional support due to cognitive or physical impairments. This bi-monthly program consists of trivia games, exercise, music, and bingo, designed specifically for this population. The third Tuesday enjoy an engaging 45 minutes with **Board Certified Music Therapist Meghan Roche**. A caregiver may need to be available to provide computer assistance. Questions? Contact 410-313-5442 (voice/relay). Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mdda70b57cd9fa35cdabb14186f9331971>

Meeting number: 157 074 9259

Password: hoCo50+

Kindred Spirits Social Club

Have you or someone you know been diagnosed with Alzheimer's or another type of memory disorder and is early stage? Kindred Spirits Social Hour is a social engagement program for persons to come together to share their stories and engage in activities designed for their abilities. The Glenwood Social Day staff welcomes your loved one to join this weekly program that features conversation, support, and activities. A caregiver may need to be available to provide computer assistance. Contact Judy Miller at 410-313-5441 or jumiller@howardcountymd.gov

Support Services

Insurance 101 - Auto, Homeowners and Insurance Fraud

Tuesday, June 1, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb2e9691e90b0961da75703eae10ec41>

Meeting #172 994 5536

Password: hoCo50+

The Maryland Insurance Administration is the state agency that regulates Maryland's insurance industry. Patricia Dorn is a Professional of Insurance Regulation and will be speaking and taking your questions about auto insurance, home-owners insurance and insurance fraud.

Presented by Patricia Dorn

Administering an Estate in Maryland

Thursday June 10, 2021 at 10am

Click below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb86b3e25ab329e2fc6609cd69d13cd0e>

Meeting #: 172 426 1768

Password: hoCo50+

Join the Honorable Byron E. Macfarlane, Register of Wills, to learn about the probate process in Maryland. Smart planning and preparation can save you and your family time, money, and stress during one of the most difficult times in life. Topics covered will include the importance of having a will, how to register a will, and the required documents needed. Byron will discuss types of estates, probate fees and inheritance along with estate taxes. This is a free class. Byron Macfarlane will be live at Glenwood 50+ Center.

Anatomy of a Scam

Tuesday, June 22, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7a5a26d0ea8693521e047e2e612a34ad>

Meeting # 160 182 5591

Password: hoCo50+

Learn how scams work, and why scammers are so successful. By recounting her own personal experience, Beth will share the red flags to look out for, and tips on how to stay safe. Hear more about current scams that prey on our COVID-19 fears and trick people into giving up their money or personal information.

Presented by Beth Silverman

Understanding PTSD

Monday, June 21, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md750a82a0ea930a04126862af0a27389>

Meeting # 160 205 0182

Password: hoCo50+

June is PTSD awareness month. Join Daniel Dykes, of the Maryland Conflict Resolution Center, as he helps us understand and explore this condition that impacts so many. Learn about trauma, how PTSD shows up in relationships, how it can create conflict, and how we can work to resolve it.

Presented by Daniel Dykes

Travel

Germany and Belgium with Rachel

Tuesday, June 29, 2 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4029798e45542264a129db2b49849716>

Meeting # 160 606 6517

Password: hoCo50+

Join Rachel, our virtual tour guide, as she takes us through Germany and Belgium. Enjoy the sites with an emphasis on the picturesque medieval town of Bruges as well as Rachel's stay at a UNESCO World Heritage site home.

Presented by Rachel McCracken



NEW! VIRTUAL GROUP SCHEDULE

Weekly sessions, unless otherwise noted.

The SeniorsTogether groups below will meet VIRTUALLY until further notice.

The 50+ Center name designated next to each time slot is a **reference point only** to the original meeting place. Participation is free and all groups are facilitated by older adult peers.

MONDAYS

THINK POSITIVE GROUP

11:00 a.m. to noon (Met at Elkridge 50+ Center)

Learn and discuss ways to make positive thinking a daily practice and support each other on the journey.

CAREGIVER SUPPORT GROUP

7:00 to 8:30 p.m. (Met at East Columbia 50+)

(3rd Monday of the month)

For adult caregivers caring for another adult. Focuses on practical needs, resources, social networking, emotional support and downtime.

TUESDAYS

LOW VISION SUPPORT GROUP

1:00 to 2:15 p.m. (Conference Call Only)

Ongoing support for those with low vision; explore options, share ideas and learn new ways to maintain independence.

WEDNESDAYS

OPEN MIND GROUP

9:30 to 11:30 a.m. (Met at Elkridge 50+)

In-depth, civil discussions on a wide range of topics to promote greater understanding of the values and experiences that inform us.

THURSDAYS

NEWTALK

10:00 to 11:30 a.m. (Met at North Laurel 50+)

Lively discussion group focusing on current news locally, nationally and globally.

BRAINTEASERS

12:30 to 1:30 p.m. (Met at Bain 50+)

Challenge your mind, strengthen memory using games, puzzles and other activities.

FRIDAYS

TRENDERS

1:00 to 2:30 p.m. (Met at Bain 50+)

A lively, open-minded discussion group with a loosely structured agenda.

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

www.howardcountymd.gov/aging

TO REGISTER OR FOR ADDITIONAL INFORMATION, CONTACT

Karen Hull TELE 410-313-7466 (VOICE/RELAY)
EMAIL khull@howardcountymd.gov

Elaine Widom TELE 410-313-7353 (VOICE/RELAY)
EMAIL ewidom@howardcountymd.gov

If you need this in an alternate format, or accommodations to participate, contact MAP at 410-313-1234 one week prior to a scheduled event.

Celebrate Father's Day with a **PICNIC AND LIVE MUSIC** at Glenwood 50+ Center!

Set up in a socially-distant and safe manner, you are invited to pick up your meal and join us on-site for an outdoor celebration¹ with The Panama Rex Band!

Half-sized Sandwich Options:

Flank Steak & Cheddar Pimento AND

Arugula, Tomato & Mozzarella Cheese PLUS

Fresh Fruit Salad • Vegetable Greek Salad • Dessert

To register and secure your reservation pick up*

Follow the link to bit.ly/HoCoFathersDay OR

Call the Howard County Nutrition Line at 410-313-3640 (VOICE/RELAY)
between 9:00 AM and 3:00 PM from Monday, June 7, through Friday, June 11.

LUNCHES ARE LIMITED TO THE FIRST 75 REGISTRANTS



MEAL DISTRIBUTION PICK UP

Tuesday, June 15 • 11:30 AM TO NOON

► **Glenwood 50+ Center**
2400 MD Route 97, Cooksville 21723

**Bring your own blanket or chairs and enjoy
this Jimmy Buffet cover band until 1:00 PM!**

¹ If it rains, we will switch to a drive-thru meal pick up



PRESENTED BY THE



**Howard County Office on
Aging and Independence**

Department of Community Resources and Services

www.howardcountymd.gov/aging

* Each person must register individually to receive a meal.

Must be 60 or older to participate;
spouses of any age may also participate.

Participants will have the opportunity to
donate to the cost of the meal valued at \$15.

Confidential donation envelopes
will be provided on-site.

If you need this information in an alternate format, or need accommodations to participate,
contact the Howard County Nutrition Line at 410-313-3640 (voice/relay).

Join with the [Howard County Local Health Improvement Coalition](http://www.hclhic.org) (HCLHIC) and member organizations as we take part in community-wide efforts to improve health and reduce health disparities here in Howard County. Learn more at www.hclhic.org.

Events listed below are provided by HCLHIC member organizations. If you have any questions about these events, please contact the event organizers directly.



COVID-19 Vaccine Clinic

Vaccine clinic appointment registration links are posted here: vaccine.howardcountymd.gov. All clinics are Moderna and open to anyone ages 18 and older, unless another vaccine is noted. No residency or documentation requirements.

CAREAPP – Connecting People and Programs in Howard County

CAREAPP is a Howard County Health Department sponsored website that connects people to community programs and services. Search over 1,700 programs serving Howard County. Visit FindHCResources.org.

Difficult Conversations About Race: A Discussion Series

Friday, June 18, 2021; 12:00 pm – 1:00 pm

Join us as we explore how to have a difficult conversation about race and racism, plus practical tips on cultural competence and humility.

Registration is required: <https://bit.ly/32zilih>

For questions or more information, email askhealth@howardcountymd.gov

Virtual Diabetes Support Group

3rd Thursdays of every month, from 10:00 – 11:30 am and 6:00 – 7:30 pm

This group offers free education and support for those with prediabetes, Type 1, and Type II Diabetes via Zoom.

Registration is required: <http://bit.ly/VirtualDiabetesGroup>

For questions or more information, email Kristine Batty, NP at kbatty2@jhmi.edu

Member Care Support Network (MCSN)

The [Member Care Support Network](http://hcg.org/mcsn) (MCSN) offers free non-medical support services (e.g. transportation and companionship) to Howard County residents 18 years or older.

Enrollment is required: hcg.org/mcsn

For questions or more information, email HCGH-J2BH@ihmi.edu or call 410-740-7601.

Unit Pricing and Other Shopping Strategies

Monday, June 21, 2021; 12:00 pm – 1:00 pm

Join us to learn the pros and cons of buying in bulk. We will also discuss how to use unit pricing to compare prices so, you get the best deal for your money.

Registration is required: <https://bit.ly/3pbrBz5>

For questions or more information, email askhcls@hclibrary.org